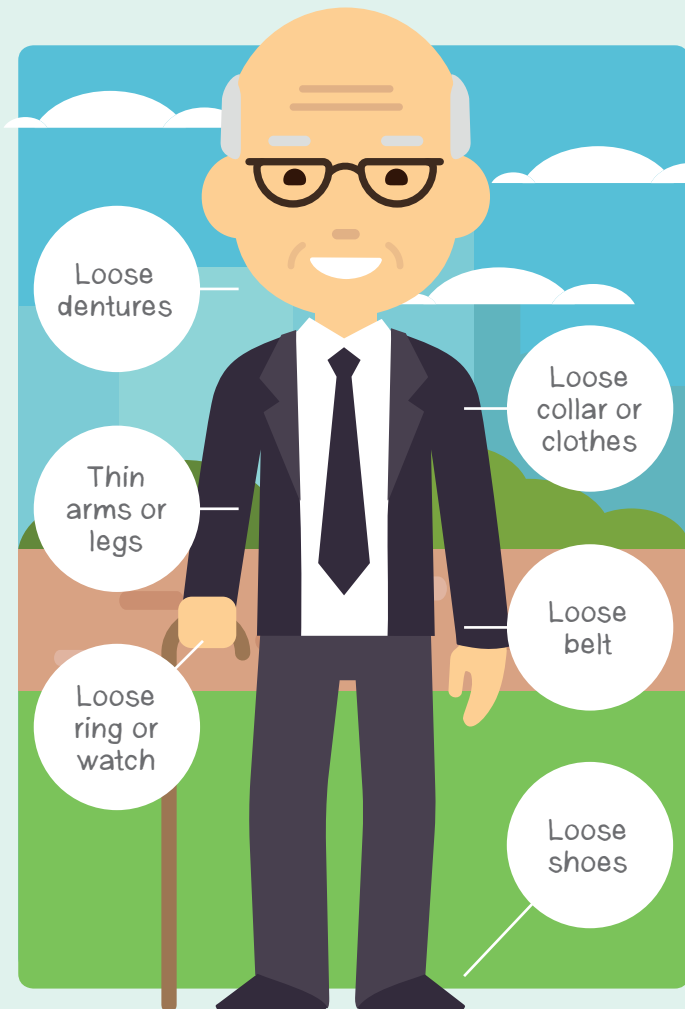


Losing weight is not a normal part of ageing

Check out our simple tips if you notice any of the following signs:



I've lost weight without trying

I've got a poor appetite

I find it hard to keep warm

I feel tired all the time

It's difficult to get to the shops

It's difficult to cook just for one

Top tips to improve your food and drink intake:



Boost your food by adding extra cheese, butter or cream



Have snacks between meals



COMMUNITY CAFE

Eat with others

Aim to get plenty of variety in your diet

My favourite snack is malt loaf with butter and jam, it gives me extra energy



Use ready-meals



Eat little and often

Stay hydrated have 6-8 drinks per day

PaperWeight
helping fight malnutrition

For more details visit:
www.ageuksalford.org.uk

GMCA GREATER MANCHESTER COMBINED AUTHORITY

NHS
in Greater Manchester

To access a booklet with more tips visit www.paperweightarmband.org.uk